



Fox Chapel Area School District
Summer 2021 Strength and Conditioning
Schedule



	Monday	Tuesday	Wednesday	Thursday
7:00-8:00 AM	Swim and Dive Teams	Swim and Dive Teams	Swim and Dive Teams	Swim and Dive Teams
8:00-9:00 AM	Football HS/DMS	Football HS/DMS	Football HS/DMS	Football HS/DMS
9:00-10:00 AM	-Boys Soccer HS/DMS -Girls Volleyball -Wrestling HS/DMS	-Boys Soccer HS/DMS -Baseball HS/DMS	-Boys Soccer HS/DMS -Girls Volleyball -Wrestling HS/DMS	-Boys Soccer HS/DMS -Girls Volleyball -Baseball HS/DMS
10:00-11:00 AM	-Girls Basketball -Elementary Sports Performance Camp	-Girls Basketball -Speed and Agility Camp	-Girls Basketball -Elementary Sports Performance Camp	-Girls Basketball -Girls LAX -Speed and Agility Camp
5:00-6:00 PM	DMS S&C	-Cheerleading (5:30) -Girls LAX -Boys and Girls Tennis HS/DMS	DMS S&C	-Cheerleading (5:30) -Boys and Girls Tennis HS/DMS
6:00-7:00 PM	-Girls Soccer HS/DMS	DMS S&C	-Girls Soccer HS/DMS	-Girls Soccer HS/DMS

Notes:

1. Workouts begin Monday 6/14/21 and continue through 8/5/21. We will follow the FCASD Athletics Health and Safety plan as well as the PA Department of Health COVID mitigation orders.
2. Workouts will begin promptly on the hour. Athletes should arrive 10-15 minutes before the scheduled workout time to check-in, complete COVID protocols, change, etc... .
3. Athletes should properly hydrate and eat before every training session! They should also bring their own water to each training session.
4. DMS Athletes (Entering Grades 7-8 Fall 2021) are encouraged to attend workouts with the varsity teams of their chosen sport (if DMS is listed). If no DMS workout has been listed for your team, you should attend the DMS workout time from 5:00-6:00 PM on Mondays and Wednesdays and/or the 6:00-7:00 time on Tuesdays.
5. Questions? Contact Brandon_Peifer@fcasd.edu